



Waukesha County Child Care Newsletter

April 2011



Arts & Crafts Corner

Source: www.crafts.kaboose.com

Fingerprint Flowers

What you'll need:

- Construction paper
- Acrylic paint
- Green pipe cleaner/chenille stems
- Scissors
- White craft glue



How to make it:

1. Cut out simple flower shapes from construction paper.
2. Dip child's finger into acrylic paint and dab off excess, then press onto each petal. Dab a contrasting color into the center of the flower.
3. Cut chenille stem in half.
4. Glue chenille stem to the back of the flower.
5. Display your pretty flowers in our [Sunshine Flower Pot](#).

Tips:

- While this is a simple craft, if you are working with smaller children you may want to cut out the flower shapes ahead of time.
- If you don't have chenille sticks you can substitute with craft sticks or straws.
- You can use plain white paper and colorful paints if you don't have construction paper.

Sunshine Flower Pot

What you'll need:

- Styrofoam cup
- Small chunk of floral foam
- Colorful buttons
- White craft glue
- Yellow acrylic paint
- Paintbrush
- Scissors



How to make it:

1. Paint cup yellow, inside and out and let dry completely.
2. Glue buttons around the rim of the cup and let dry.
3. Glue small chunks of floral foam inside the cup to insert stick flowers in to.

Tips:

- Buy large bags of colorful buttons at your local craft store.
- Styrofoam cups and bowls are inexpensive and are great for craft projects.
- If using this project to hold paper flowers, shred or cut up some green construction or tissue paper to cover the flower foam.



Nutritious Nibbles: Easter Snacks

Sources: www.perpetualpreschool.com



Apple Ladybugs

Originally submitted by Veros L. and modified by Kaboose.com

Ingredients

- 2 red apples
- 1/4 cup raisins
- 1 tablespoon peanut butter
- 8 thin pretzel sticks



Cooking Instructions

1. Slice apples in half from top to bottom, and scoop out the cores using a knife or melon baller. If you have an apple corer, core them first, then slice. Place each apple half flat side down on a small plate.
2. Dab peanut butter on to the back of the 'lady bug', then stick raisins onto the dabs for spots. Use this method to make eyes too. Stick one end of each pretzel stick into a raisin, then press the other end into the apples to make antennae.

Rainbow Snacks:

*Rainbow Rice Cakes (use food coloring to dye)

*Rainbow Banana - die chunks of banana in the colors of a rainbow with Jell-O

Gelatin Rainbow Snack

Purchase clear plastic cups. Make all six colors of Jell-O: cherry, orange, lemon, lime, berry blue, and grape. After the Jell-O has set spoon one spoonful of each flavor into clear cup. Top with a cloud of whip cream you have an edible rainbow.



Yummy Tulip Flowers

Cut a fruit rollup in half. Scallop one side (long edge) of the rollup. Wrap it around a large marshmallow stuck on a bamboo skewer (you can "paint" it green with food coloring and water). Stick several in a brownie or cake for a garden. For added activity, you can cut off the top of the marshmallow (before wrapping it with the fruit rollup) and dip it in red or other colored sugar.



What's Inside This Issue:

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LENDING LIBRARY - FREE

Attention Certified Family Child Care Providers... Are you aware that there is a lending library for you to use that has books, toys and equipment that you can borrow to use in your child care programs? Cost to you is FREE. Currently the library has car seats, double strollers, port a cribs and port a crib sheets, safety gates, baby monitors, children's books and baby activity gyms. We are in the process of expanding this library by purchasing more items. To sign equipment in and out, contact Karen Narlow at 970-4795 or knarlow@waukeshaCounty.gov and arrange for a time to come in **OR** contact Karen and she can deliver an item to you.



HOT TOPICS: Week of the Young Child April 10 - 16, 2011

Week of the Young Child
April 10 - 16, 2011
Early Years Are Learning Years®



Information taken from naeyc.org

- In the United States the majority of mothers with children under age 18 work, including 59% of those with infants and 74% of those with school-aged children.
- Approximately 13 million infants, toddlers, and preschool children are regularly in non-parental care in the United States, including 45% of children younger than one year.
- The Census Bureau reports that approximately 50% of working families rely on child care providers to help them care for their children while they work.

Research shows that high-quality early childhood programs help children--especially those from families with low-incomes--develop the skills they need to succeed in school. However, most programs in the United States are rated mediocre, and fewer than 10% meet national accreditation standards. Across the nation child care fees average \$4,000 to \$10,000 per year, exceeding the cost of public universities in most states. Yet, nationally only 1 in 7 children who are financially eligible for child care subsidies is being served, and only 41% of 3 and 4 year old children living in poverty are enrolled in preschool, compared to 58% of those whose families have higher incomes.

The Week of the Young Child is an annual celebration sponsored by the National Association for the Education of Young Children (NAEYC), the world's largest early childhood education association, with nearly 90,000 members and a network of over 300 local, state, and regional Affiliates. The purpose of the Week of the Young Child is to focus public attention on the needs of young children and their families and to recognize the early childhood programs and services that meet those needs.

NAEYC first established the Week of the Young Child in 1971, recognizing that the early childhood years (birth through age 8) lay the foundation for children's success in school and later life. The Week of the Young Child is a time to plan how we--as citizens of a community, of a state, and of a nation--will better meet the needs of all young children and their families. NAEYC designates the Week of the Young Child dates and theme, but events are planned and implemented by local communities. Celebrations are organized and coordinated by regional, state, and local NAEYC Affiliates, and by individual early childhood programs and community organizations providing services to young children and families.

Today we know more than ever before about the importance of children's earliest years in shaping their learning and development. Yet, never before have the needs of young children and their families been more pressing. The Week of the Young Child is a time to recognize that children's opportunities are our responsibilities, and to recommit ourselves to ensuring that each and every child experiences the type of early environment--at home,

at child care, at school, and in the community--that will promote their early learning.

Here are a few descriptions of recent WOYC events in communities around the country:

- "We held a Family Writing Workshop where parents were invited to create a book with their children. A book-writing kit was provided, and children and parents shared their books at a show and tell. The books are now part of our library collection."
- "We displayed children's artwork throughout the center and made a DVD slide show of the children. Monday was Parent Appreciation Day, where parents were served light refreshments and received a card from their child. Tuesday was Hat Day. Wednesday was Teacher Appreciation Day, with a pot luck lunch for staff. It was also Beach Party Day. Thursday was Inside Out Day and Friday we had an ice cream social."
- "Our city granted us a permit to hold a parade and children's fair celebrating young children. There were over 500 children who paraded down the main street in decorated wagons, tricycles, or on foot. They marched with their child care providers or early childhood teachers. The free fair had booths representing all of the early childhood agencies and other services and also child-care providers."
- "A group of parents and children marched to City Hall. The mayor joined us and read a proclamation adopted by our City Council about the Week of the Young Child. Additionally, we held a press conference sharing information about the importance of quality early care and education."

Federal, state and local government, communities, parents, and the private sector must share in the responsibility of ensuring the well-being of children and families. We can and must do more to create opportunities that help all children and families succeed. We can invest now in our children and families and enjoy long-term savings, with a more vibrant nation of healthy, achieving children and more stable families. Or we can fail to make the investment and pay the price: increased delinquency, greater educational failures, lowered productivity, less economic competitiveness, and fewer adults prepared to be effective, loving parents to the next generation of children. Celebrate the Week of the Young Child.

SPOTLIGHT ON A PROVIDER: Beth Zielinski

Our spotlight provider this month is Beth Zielinski. Beth lives in Wales with her husband and two girls, ages 15 and 4. Beth has been certified at the regular level since November of 2010. The name of her child care is "Tadpoles to Frogs Family Daycare" and she comes by that naturally with pets including a toad, frog, six guinea pigs and a 200 gallon Aquarium with three larger fish. One of the things Beth and her family enjoy is being out on their boat fishing. Beth had been working in the field of corporate accounting for 20 years and when her company closed decided to make a career switch. She has worked with children for about 25 years helping out friends with their children, babysitting, and serving on committees at former employers that focused on children and children's activities including helping to plan the children's activities at one of her employers company picnics. Beth has even stood in for the Easter Bunny and Mrs. Santa from time to time. Currently Beth has part time children in her care and together they enjoy reading stories, dancing and playing outside. She plans age appropriate activities for the children that help them develop their skills and sets special time aside to work with children on letter and number recognition as well as language development. Since Beth is new to running her own family child care program she is looking for advice and wouldn't mind observing at another family child care program to obtain some hands on training. We would like to take this opportunity to thank Beth for the care she provides to the children in her care and to all of you for the care you provide to the children of Waukesha County.



BUSINESS BEAT CORNER:

Taking Care of Yourself - Dealing with Stress

This month we are focusing on the most important aspect of your child care program's success-YOU. You are in many cases a business owner, child care provider, mother/spouse, daughter/sister, friend and jack of all trades. You have many demands on your time and resources. However, in order to be successful you need to be aware of the importance of taking care of yourself. Stress is a condition or feeling experienced when a person perceives that demands exceed their personal resources or their ability to mobilize and may impair the stability and balance of their body's functions. Stress is a normal physical response to events that make you feel threatened or upsets your balance in some way. It's the body's way of protecting itself.

Under stress, the hypothalamus in your brain releases cortisol; which in turn acts on the pituitary gland triggering the release of adrenaline. The adrenaline then acts on the adrenal glands releasing additional hormones that may increase heart rate, blood pressure and release additional sugars for more energy for muscles and brain. This stress circuit helps you to focus, provides energy, and lets you stay alert to face emergencies or challenges. There are many forms of stress: good, bad and chronic. A trigger is a situation or pressure that can cause stress. A person's reaction to stress is very individual and can be based on our general outlook/attitude toward life; background and culture; skills and experience; personality, personal circumstances and health. According to Connie Lillas, a psychologist, people tend to respond to stress in three ways. Foot on the Gas-agitated, angry or overemotional; Foot on the Brake-withdraw or shut down; or Foot on Both-tense or freeze and can't do anything. Some external factors of stress include physical environment, job or home, relationships, or financial problems. Some internal factors of stress include nutrition, health and fitness, unrealistic expectations or inability to accept uncertainty.

Effects of stress can be physical such as aches or pains, dizziness, stomach-ache or chest pain; emotional such as angry, moody, overwhelmed, or depressed or cognitive such as problems concentrating or with memory, poor judgment or seeing only the negative.

Ways you can help reduce your stress:

- Build up your resilience by thinking of change as a normal part of life and see setbacks as temporary and solvable. Take action to solve problems and believe you will succeed if you work hard to attain your goal.
- Stress Diary: record information on a regular basis about stressful experiences. Look for patterns or triggers to help you understand your reactions and feelings to stress
- Imagery: Recreate an enjoyable situation that is relaxing to you.
- Deep Breathing: Inhale and fill your lungs completely, hold, then exhale slowly.
- Relax Response/Progressive Muscle Relaxation: Sit quiet and close your eyes then start at your toes and relax your muscles all the way up your body.
- Meditation: Brings the body to a calm state by slowing heart rate and breathing, blood pressure normalizes so that oxygen is used more efficiently by the body.
- Exercise programs such as TiChi or Yoga
- Positive Thinking/Cognitive Restructuring: Negative moods affect our performance and relationships- Change the way you think and change your mood.
- Time Management: delegate or allow extra time for tasks; don't procrastinate and let go of being perfect.
- Support Systems: Doctor; Counseling; Course/Class or social network of relatives, friends or co-workers

Come and Learn more at the Waukesha County Child Care Work Group Spring Event being held Saturday, April 9, 2011 from 9 a.m. to Noon at the Excellence Center on Blue Mound Road in Waukesha. The topic of the event: Pamper the Provider: Explore and Experience Ways to Take Care of Yourself. See the Training and Professional Development section of the newsletter for registration information. Hope to see you there! Karen

Professional Development, Networking & Training Corner:

Waukesha County Health and Human Services- Child Care Trainings:

Provider Gathering – Monday, April 11, 2011 – 6:30 to 8 p.m.
Topic: Fling into Spring

Waukesha County Child Care Work Group – Spring Event

Cost: Free To Register call: 262-547-8459
When: Saturday, April 9, 2011 – 9 a.m. to Noon
Child & Family Center of Excellence N4W22000 Blue Mound Rd., Waukesha

Waukesha County Family Day Care Association

Tuesday, April 19th, - 7-9 p.m. – Waukesha County Admin Ctr
1320 Pewaukee Road, Waukesha, WI
Cheap and Easy Recyclable Music by Marilou Rodriguez

4C for Children – 320 W. Vine St. – Milwaukee

Call to register: 414-562-2650 or register on-line at www.4c-milwaukee.org:

CPR – Cost:\$60.00- 4/1 at 10 a.m.; 4/16 at 10 a.m.; or 4/26 at 6:30 p.m.

Shaken Baby Syndrome – Cost:\$17.00- 4/15 at 1 p.m. or 4/25 at 6:30 p.m.

Sudden Infant Death Syndrome -Cost: \$17.00- 4/15 at 1 p.m.

Organize Staff and Children's Records - Cost: \$5.00- 4/4 at 6:30 p.m.

Communicating Policies to Parents – Cost:\$5.00- 4/28 at 6:30 p.m.

Child Attendance Tracking and Procedures –Cost:\$5.00 -4/27 at 6:30 p.m.

Waukesha County Technical College

800 Main Street – Waukesha – Call to register: 262-691-5259
Cost: \$9.30

Music Play for Children – 4/9 at 9 a.m.

How Boys and Girls Learn Differently – 4/21 at 6:30 p.m.

Wisconsin Early Childhood Association

See website at www.wecanaeyc.org

Parents Place

1570 E. Moreland Blvd. - Call: 262-549-5987 to Register and Prices

Calming the Explosive Volcano – Mondays 4/4-25 – 6:00-7:30 p.m.

Co-Creative Discipline: Teaching Children to Cooperate – Thursdays 4/7 & 4/21- 5:30-7:30 p.m.

Anger in Relationships – Tuesdays 4/5-26- 6:00-7:30 p.m.

DCF/MECA –Special Needs Child Care Program – call 414-289-6558 for registration info. Cost:\$10.00 per class

Location:Coggs Center-1220 W. Vliet Street, Milwaukee – Room 104

Brain Development in Early Childhood – Wed., April 13th – 5:45 – 7:45 p.m.

Child Abuse and Neglect – Saturday April 16th – 9:30 -11:30 a.m.

YoungStar Training:

Held: Kohl's Child Development Center
N56W17000 Ridgewood Drive, Menomonee Falls, WI 53051
Register through- 4C for Children – 414-562-2650 or www.4c-forchildren.org

Wisconsin Model Early Learning Standards (WMELS) – Cost: \$75.00 April 2nd, 9th, and 30th from 9 a.m. to 3 p.m.

Social Emotional Foundations Early Learning (SEFEL) – Cost: \$80.00 April 5th,7th,14th,19th,21st,26th,28th & May 3rd – from 6 p.m. to 9 p.m.

Milwaukee Public Library – Call-Mary Madigan 414-268-8420 for registration & cost

Facts are Fun – 4/12 at 6:00 p.m. or 4/16 at 10:30 a.m.

Child Care Providers and the Library: Partnership That Works for You-4/30 at 10 a.m.

Milwaukee County Zoo- Call Emily Artin-414-258-5058 for registration & time – Cost:\$20.00

Teacher Workshop - Bears

Providers check out the resources for you at:

Retzer Nature Center Environmental Education Center/Charls Z Horwitz
Planetarium-S14W28167 Madison St., Waukesha--
www.waukeshacountyparks.com/262-896-8007

SAVE THE DATE:

Waukesha County Child Care Work Group
Provider Recognition Event – Tues. 10/4/2011

FYI Upcoming Dates:

National Provider Appreciation Day – Friday,
May 6, 2011



RECALLS:

<http://www.cpsc.gov>

Manhattan Group Recalls Parents Wooden Activity Toys Due to Choking Hazard

WASHINGTON, D.C. - The U.S. Consumer Product Safety Commission and Health Canada, in cooperation with the firm named below, today announced a voluntary recall of the following consumer product. Consumers should stop using recalled products immediately unless otherwise instructed. It is illegal to resell or attempt to resell a recalled consumer product.

Name of Product: Parents® Busy Time Activity Centers™

Units: About 400

Manufacturer: Manhattan Group LLC, of Minneapolis, Minn.

Hazard: Wooden pegs on the xylophone activity can come loose, posing a choking hazard to young children.

Incidents/Injuries: CPSC has received one report of a child putting a peg in his mouth. No injuries have been reported.

Description: The Parents® Busy Time Activity Centers™ is a wooden activity center cube-shaped toy that has a multi-colored bead run on the top. Activities on each side include a 4-tone xylophone and rasp, butterfly and caterpillar spinners, zig-zag drum, castanets, and pockets with "alligator," "bear," and "cat" pillow characters. Only items with wooden pegs bearing date code 400090GC are involved in this recall. The date code can be found on the bottom of the product packaging near the UPC code and on the tags on the bear character.

Sold at: Specialty and gift stores nationwide and through mail order catalogs and online and in Canada from December 2010 through February 2011 for about \$90.

Manufactured in: China

Remedy: Consumers should take these recalled toys away from young children immediately and return it to the store where purchased for a full refund. Consumers can also contact Manhattan Group for instructions on receiving a replacement item or a full refund.

Consumer Contact: For additional information, contact Manhattan Group at (800) 541-1345 between 8 a.m. and 5 p.m. CT Monday through Friday or visit the firm's Web site at www.manhattantoy.com

Note: Health Canada's press release is available at http://cpsr-rspc.hc-sc.gc.ca/PR-RP/recall-retrait-eng.jsp?re_id=1286



Kid O Products Recalls Wooden Puzzles Due to Choking Hazard

WASHINGTON, D.C. - The U.S. Consumer Product Safety Commission, in cooperation with the firm named below, today announced a voluntary recall of the following consumer product. Consumers should stop using recalled products immediately unless otherwise instructed. It is illegal to resell or attempt to resell a recalled consumer product.

Name of Product: Wooden fruit puzzles

Units: About 1,400 units

Importer: Kid O Products, LLC of Perth Amboy, N.J.

Hazard: The knobs attached to the puzzle fruits can come loose, posing a choking hazard to young children.

Incidents/Injuries: None reported.

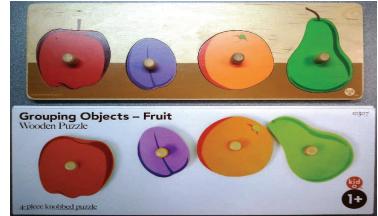
Description: This recall involves wooden puzzles that consist of a board and four pieces representing an orange, a plum, a pear and an apple. Each piece of fruit has a wooden knob. The puzzle board measures 12 x 4.5 x 1/2 inches. "Grouping Objects – Fruit" and style number 10307 can be found on the packaging.

Sold at: Specialty children's stores nationwide from November 2010 through February 2011 for about \$12.

Manufactured in: China

Remedy: Consumers should immediately take the recalled puzzles away from children and return them to the retail store where they purchased it for a full refund. Consumers can also contact Kid O Products for instructions on how to mail the product to receive a full refund.

Consumer Contact: For additional information, contact Kid O Products collect at (212) 366-5858 between 9 a.m. and 5 p.m. ET Monday through Friday or visit the firm's website at www.kidoproducts.com



Rattles Recalled by Rhino Toys Due to Choking Hazard

WASHINGTON, D.C. - The U.S. Consumer Product Safety Commission and Health Canada, in cooperation with the firm named below, today announced a voluntary recall of the following consumer product. Consumers should stop using recalled products immediately unless otherwise instructed. It is illegal to resell or attempt to resell a recalled consumer product.

Name of Product: OBall Links & Mini Rattles™

Units: About 14,000 in the United States and 14,000 in Canada

Importer: Rhino Toys Inc., of Santa Cruz, Calif.

Hazard: The hard plastic C-links on both ends of the rattles' soft plastic chain can break, posing a choking hazard to young children.

Incidents/Injuries: Rhino Toys has received one report of a broken C-link. No injuries have been reported.

Description: This recall involves infant rattles called OBall Links & Mini Rattles™. The soft plastic OBall is 2 1/2 inches in diameter and has beads inside a small plastic bubble that make the rattle sound. The OBall is attached to a 7 1/2 inch soft plastic chain by C-shaped plastic links on both ends. "OBall" is stamped into the top of the plastic chain.

Sold at: Toys R Us and other specialty toy stores nationwide from April 2010 through December 2010 for about \$8.

Manufactured in: China

Remedy: Consumers should immediately take the recalled rattle away from children and contact Rhino Toys to receive a full refund.

Consumer Contact: For additional information, contact Rhino Toys toll-free at (888) 250-9969 between 9 a.m. and 3 p.m. PT Monday through Friday or visit the firm's website at www.rhinotoys.com

Note: Health Canada's press release is available at http://cpsr-rspc.hc-sc.gc.ca/PR-RP/recall-retrait-eng.jsp?re_id=1286



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Very Special Thanks to
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